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2007 is the “Year of the Corn” at the Indiana State Fair (Aug. 8-19), but there’s more than just corn being offered. Good health is being served up at the Indiana State Fair, in the form of trans fat-free foods, the Quit 2 Win contest, and the INShape Indiana SummerFit plaza.

The Indiana State Fair has gone trans fat free! For the first time ever, all foods sold at the fair, with the exception of popcorn, will be cooked in a trans fat-free cooking oil. This transition is part of a growing trend, nationally, to provide a great-tasting alternative to foods cooked in less healthy oils. Diets high in trans fats often correlate with an increased risk of heart disease and stroke. Trans fats can contribute to individuals’ total cholesterol levels. So, encourage your patients to visit the Indiana State Fair and enjoy food that is free of trans fats.

Another great health opportunity at the State Fair is the Quit 2 Win contest. For patients who are ready to quit smoking, let them know they can enter the Quit 2 Win contest for free. Contest participants commit to quit smoking from September 15 – October 15, 2007. Choosing a quit date is an important first step in stopping smoking. This contest is an easy way for your patients to choose a quit date. Winners of the contest will be chosen at random for prizes, including a \$2,500 cash prize! Quitting smoking isn’t easy, but there are resources for your patients who say they want to quit. Let them know there’s never been a better time to quit smoking, and they can learn how at the State Fair. People can enter the Quit 2 Win contest by visiting the INShape Indiana SummerFit Plaza or the Indiana Tobacco Prevention and Cessation booth at the State Fair. People can also enter online at: www.inshape.IN.gov.

The INShape Indiana SummerFit Plaza (August 8-11) will also provide various interactive demonstrations and performances, aimed at how fitness pertains to everyone – all ages and all walks of life. Members of USA Gymnastics, the Special Olympics, and the United States Tennis Association will be some of the organizations helping INShape Indiana to encourage Hoosiers to lead healthier lives. A bicycle safety course and Zumba classes will be offered. The INShape Indiana SummerFit Plaza is at a new location this year, between the grandstand and the communications building on Biofuels Main Street.

Saturday, August 11 marks the end of INShape Indiana’s eight-week SummerFit program. Participants received weekly challenges to get active, eat healthy foods, and avoid tobacco, and they tracked their progress by earning points. Rewards will be given out at the SummerFit Plaza to people who successfully completed the SummerFit program. Even if your patients didn’t participate in SummerFit, there are a lot of fun activities for them and their families.

My prescription for Indiana for August is to come to the Indiana State Fair in Indianapolis (Aug. 8-19) to take advantage of all the healthy options it has to offer. Hope to see you there!

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